



NIGHTMARES.. MUHAHA

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WHAT IS A NIGHTMARE?

- : a distressing dream which forces a partial awakening
 - the dreamer might sense more than one emotion such as anger, guilt, depression, but most of the times: fear and anxiety.
 - the most common theme is being chased
 - adults are very commonly chased by an unknown male figure where children are commonly chased by an animal or some fantasy figure.. :)



WHO HAS NIGHTMARES?

- everyone has them once in their life but majority of CHILDREN (3~8 years old) have nightmares:
- * nightmares are considered as normal development childrens go through as they grow



WHAT CAUSES THEM?

WHAT IMPACT DOES IT BRING?

- drugs/ medications
 - illness fevers/ stress
 - suffered by traumatic event
- ex) surgery, loss of loved one, after an accident,
after watching horror movies/ pictures
- * Even if you try to put your nightmare aside after you
awake from it, you might find yourself going through
feeling irritable, moody, and depressed

WHAT CAN BE DONE ABOUT NIGHTMARES?

- make sure you discuss with a doctor if it's serious
- if you are a child, talk with your parents
- but there are small solutions that can help such as writing, drawing, painting the monster or character, imagining a more pleasant ending, or simply reciting it over several times.

BUT AGAIN, IF YOU HAVE NIGHTMARES EVERYDAY
AND IF YOU SUFFER FROM NIGHTMARES...
GO SEE THE DOCTOR

MOVIE LINK

<http://www.youtube.com/watch?v=4k7L5wCtAqI>

CITATIONS

- <http://www.psychodelica.com/img/other/Pennywise01.jpg>

- http://images.google.co.kr/imgres?imgurl=http://www.theage.com.au/ffximage/2005/03/25/horr_wideweb__430x254.jpg&imgrefurl=http://www.theage.com.au/news/Film/The-horror/2005/03/25/1111692614196.html&h=254&w=430&sz=19&hl=ko&start=2&um=1&usg=__ZKTVi933yIw3_IAMfdiGnL8IhWA=&tbnid=hF_HQvIhFI-pIM:&tbnh=74&tbnw=126&prev=/images%3Fq%3Dmovie%2BRING%26um%3DI%26complete%3DI%26hl%3Dko%26lr%3D%26newwindow%3DI%26sa%3DG

- <http://www.asdreams.org/nightma.htm>